

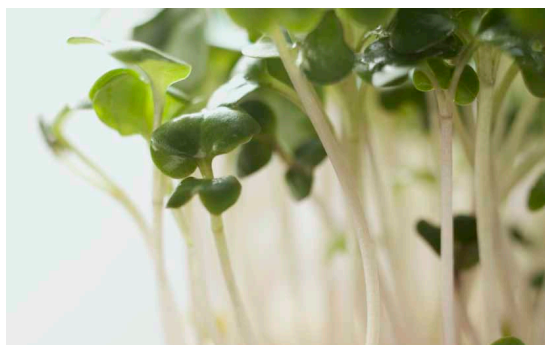
ADAPTING TO SOMETHING NEW

Journal – Team One



HERB N' KITCHEN

— NEW YORK CITY —





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"Anyone who stops learning is old, whether at 20 or 80." – Henry Ford

Adapting to Something New

My Adaptation Challenge:

Why is adaptation so difficult?

"Of all temptations we meet in life – money, power, fame – the subtlest of all is the Comfort Zone, that invitation to settle for less, to go for content when the stresses of over achievement beckon." – Jonathan Farrington

Steps to Embracing Something New

1.

2.

3.

4.

5.

"Coming together is a beginning. Keeping together is progress. Working together is success." – Henry Ford



Team Work!

Trust

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Respect

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Communication

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Collaboration

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“In any situation, the best thing you can do is the right thing; the next best thing you can do is the wrong thing; the worst thing you can do is nothing.” – Theodore Roosevelt